



We love our cauliflower puree. It's the perfect low carb alternative to mashed potatoes.

Takes: 30 min | Equipment Required: Food processor
Cals 396 | Prot 37 | Carbs 27 | Fat 14

Tips For Fussy Eaters

Serve the bacon on the side.

Pro Tip

Push the cauliflower through a fine sieve for a extreme pureeness!

Ingredients

For 2 For 3 For 4

Cauli puree and asparagus

| | | | | |
|--------------------|-----|-----|-----|-------|
| Beef bacon | 60 | 90 | 120 | Grams |
| Thin asparagus | 250 | 375 | 500 | Grams |
| Cream cheese | 80 | 120 | 160 | Grams |
| Chicken stock cube | 1 | 1 | 2 | Piece |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |

Prawns

| | | | | |
|-----------------------|-----|-----|-----|-------|
| Jumbo prawns | 300 | 450 | 600 | Grams |
| Olive oil | 1 | 2 | 2 | Tbsp |
| Smoked paprika powder | 2 | 4 | 4 | Grams |
| Honey | 15 | 15 | 30 | Grams |
| Fresh oregano | 10 | 10 | 10 | Grams |
| Cauliflower | 400 | 600 | 800 | Grams |



1 Roast

Preheat the oven to 180°C/200°C fan. Rinse the **asparagus** and remove its woody stems. Wrap the **bacon** around the **asparagus** - create 4/6/8 small parcels. Place the **bacon** wrapped **asparagus** on a lined baking tray. Roast for 15 min or until the **bacon** turns crispy.



4 Fry

Drain the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and **smoked paprika** with a pinch of **salt** and cook for 2-3 min. Add the **honey** and another drizzle of **olive oil**. Remove from the heat.



2 Simmer

Meanwhile, separate the **cauliflower** into florets. Bring a big pot of salted water to a boil and add the **cauliflower**. Boil for 10 min or until tender.



5 Serve

Divide the **cauliflower** puree among plates. Serve the **bacon** wrapped **asparagus** and fried **prawns** over the top. Drizzle with the **smoked paprika oil** from the pan and garnish with the **fresh oregano**.



3 Mash

Once soft, drain the cooked **cauliflower** and return it to the pan with the **cream cheese** and **stock cube**. Mash with a potato masher, in a food processor or blitz with a hand-held blender until smooth. Season generously with **salt**. Keep covered until serving.



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